



Post-Op Patellectomy

Dr. Longobardi

| <u>TIME LINE</u> | <u>CLINICAL INTERVENTION</u> | <u>GOALS / PRECAUTIONS</u> |
|------------------|---|--|
| 0-4 Weeks | <p>Evaluation:</p> <ul style="list-style-type: none"> · ROM · Gait · Wound · Edema <p>Home Exercise Program:</p> <ul style="list-style-type: none"> · Ice and moist heat instruction · Scar massage · E-Stim if indicated · Self ROM as per MD Rx · Consider Home ESU if appropriate <p>Ther Ex:</p> <ul style="list-style-type: none"> · Quad sets w/ E-Stim or biofeedback prn · Calf stretch · Ankle pumps · Ham sets · Calf strengthening w/ T-Band · Isometric hip adduction <p>Modalities:</p> <ul style="list-style-type: none"> · E-Stim or biofeedback for Mm re-education if indicated · E-Stim for edema control prn <p>Manual Therapy:</p> <ul style="list-style-type: none"> · PROM as per MD orders · Scar massage prn | <p>Weight Bearing:</p> <ul style="list-style-type: none"> · NWB with crutches or walker and use of Bledsoe brace or knee immobilizer <p>Frequency:</p> <ul style="list-style-type: none"> · PT 3x/week <p>ROM:</p> <ul style="list-style-type: none"> · PROM within limits of brace or upon MD advisement |



Post-Op Patellectomy

Dr. Longobardi

| <u>TIME LINE</u> | <u>CLINICAL INTERVENTION</u> | <u>GOALS / PRECAUTIONS</u> |
|------------------|--|---|
| 4-8 Weeks | <p>Ther Ex:</p> <ul style="list-style-type: none">· Initiate SLR's in all planes· Initiate multi-angle knee isometrics· Heel slides, supine wall slides or sitting knee flexion for ROM· Continue ROM w/in limits of brace· Initiate aquatics if available and wound is healed | <p>Weight Bearing:</p> <ul style="list-style-type: none">· Progress to 20% WB-ing (or as per MD orders) with appropriate assistive device <p>Frequency:</p> <ul style="list-style-type: none">· 2-3x/week |
| 8-12 Weeks | <p>Ther Ex:</p> <ul style="list-style-type: none">· Initiate gentle AROM / PRE's· Initiate stationary bike· Continue aquatics if available· Progress AROM toward WNL | <p>Weight Bearing:</p> <ul style="list-style-type: none">· Progress to FWB-ing w/ crutches or walker |